

CAMP

DOWN

"Pleasure in what you do, puts perfection in the work." (Aristotle, 384-322 B.C.)

LADIES FITNESS BOOT CAMP



Instructor: Ariane Y. La Coq

225-226-0795

ariane.lacoq@gmail.com

*If there are any doubts,
come try the All Female
Boot Camp and lets
"Work it Out." .*

\$75 (Returnees)

\$150 First Time

(6-weeks)

Registration starts Monday July 27

Next classes start Tues. August 11th



- Increase Metabolism
- Boost your Energy
- Increase Strength and Cardio
- Boost your confidence
- Start sculpting your body to perfection
- Begin/ Maintain a life -style change
- Workout with only WOMEN!!!
- Look great in EVERYTHING you wear.

Location: Gilruth Center

Tuesdays and Thursdays 5:30am to 6:30am

Gilruth Front Desk: 281-483-0304